

## EATING RIGHT! FEELING GOOD!

Did you have breakfast today?

If you did, you gave your baby something he or she needs to grow. The baby will also use your lunch today, as well as your supper and snacks. The food you eat helps your baby's toes, fingers, muscles, brain, and bones grow.

Your baby is getting everything from you right now...and that's why what you eat is important.

### What You Can Do Now To Have a Healthy Pregnancy

- Eat at least 3 times every day.
- Choose many different kinds of foods that you enjoy. You should eat foods from each food group, shown on the back of this card, every day.
- Choose plenty of grain products, vegetables, and fruits. Drink some juice every day. Eat salads. Snack on fruit. Try some whole grain foods every day!
- Eat snacks your baby can use to grow. Snack on foods like fruit, dry cereal, sandwiches, cheese, crackers or raw vegetables. Only have junk food when you have given your baby all the healthy foods he or she needs that day! Check the back of this card for the kinds and amounts of healthy foods needed each day.

### Other Things You Can Do Now To Grow A Healthy Baby

- Don't smoke or cut way down.
- Gain the right amount of weight.
- Don't drink alcohol.
- Don't take any drugs without your doctor's permission.
- Keep appointments with your doctor, midwife, or nurse practitioner.

## WHAT *SHOULD* YOU BE EATING?



**Food Guide Pyramid**

**Here are the amounts of foods you should try to eat every day:**

#### Number of Servings:

- 2-3 servings of milk, yogurt, or cheese
- 2-3 servings of meat, poultry, fish, eggs, tofu, peanut butter, or dried beans
- 2-4 servings of fruit and fruit juices
- 3-5 servings of vegetables
- 6-11 servings of breads and cereals

#### Average Serving Sizes:

- 1 cup milk or yogurt; 1-½ oz. cheese
- 2-3 oz. meat; 2 eggs; 4 T. peanut butter; 1 cup beans
- Fruit: 1 medium; ½ cup canned; ¾ cup juice
- Vegetables: ½ cup cooked; 1 cup salad; ¾ cup juice
- 1 slice bread; 1 tortilla; 1 oz. cereal; ½ cup rice, noodles or pasta

#### **Making Changes:**

You may have to change some things about how you eat. Try making just one change at a time.

One or two eating changes I can make now for my baby:

---

---

---

Food Guide Pyramid Adapted from the California WIC Program

Department of Health and Family Services

Division of Health

POH 4900 (10/98)

State of Wisconsin